



# Steamed Mussels in Tomato Broth

Discover the incredible nutritional benefits of mussels: a powerhouse of protein, vitamins, and minerals, all without packing on the calories. With fresh mussels readily available at your local supermarket, you can effortlessly recreate this bistro dish right at home. Simply serve over your favorite pasta and complement with a refreshing leafy green salad for a well-rounded and delicious meal.

## Ingredients

- 1 teaspoon extra-virgin olive oil
- 4 cloves garlic, finely chopped
- 6 ripe plum tomatoes, cored and coarsely chopped
- 1 cup dry white wine
- 3 pounds mussels, scrubbed and debearded (see tip)
- 2 teaspoons chopped fresh parsley

## Preparation

1. Warm oil in a large pot or Dutch oven over low heat. Add garlic and cook, stirring, until golden, about 3 minutes. Add tomatoes, increase the heat to high and stir for 1 minute more. Pour in wine and bring to a boil.
2. Add mussels, cover, and steam, occasionally giving the pot a vigorous shake, until all the mussels have opened, 3 to 4 minutes. Discard any that do not open. Transfer the mussels to a serving bowl. Spoon the broth over the mussels and sprinkle with parsley.

**Tip:** To clean mussels, scrub them with a stiff brush under cold running water. Scrape off any barnacles using the shell of another mussel. Just before cooking, pull off the “beard” from each one. Discard any mussels with broken shells or any that do not close when tapped.

## Nutrition

Serving Size: 4 servings

Per Serving: Calories 391; total fat 19g; total carbohydrates 40g; protein 13g

Source: eatingwell.com

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